

Fear vs. Anxiety: Explained in 98 seconds (Video)



Fear is an emotional state triggered by real, objective danger. When there is an actual threat staring you in the face, fear activates the release of chemicals into your body to help you survive. This is otherwise known as the famous fight, flight or freeze response.

As humans have evolved, we've fine-tuned our capacity to think critically about the future and also *anticipate* threats. This heightened awareness of things that "may go wrong" is an emotional state called anxiety. Unfortunately, anxiety can produce a similar biological response to fear. Although short bursts of this state can help us survive, persistent and chronic anxiety can cause emotional and physical damage.

If you've ever had trouble explaining the difference between fear and anxiety to your friends or family, check out the video above.